



**Shannon Parker** is a finance executive, wellness mentor, and community builder with a heart for helping women thrive in faith, food, and fitness.

A graduate of **North Carolina State University's Poole Business College of Management**, Shannon began her career in personal finance before transitioning into corporate finance to expand her impact from individuals to entire communities. For the past decade, she has served as a Chief Financial Officer, building high-performing teams, managing multimillion-dollar budgets, and stewarding resources serving more than 2,000 members through ministry and community initiatives. Her leadership blends strategic excellence with mission-driven purpose.

Beyond the boardroom, Shannon's passion is helping women experience transformation from the inside out.

Through her Sisterhood membership platform, she creates vibrant wellness experiences and dynamic fitness accountability for women who want to feel their best, eat clean on the go, and do life in authentic community. She also leads *Nourish*, a four-week deep-dive body reset program offered twice a year, designed to help women restore their energy, rebalance their bodies, and build sustainable rhythms that support long-term wellness.

Shannon's drive to see women healthier and happier is deeply personal. Within two years, she was diagnosed with hypothyroidism and later Hashimoto's disease—an autoimmune condition in which the body attacks the thyroid—while navigating the full demands of motherhood, career leadership, and ministry life. Determined to reclaim her health, she identified her body's unique triggers through nourishing foods and intentional lifestyle shifts. Through consistency and faith, she reversed significant symptoms of thyroid dysfunction and autoimmune disease.

Her journey confirmed what she now teaches: health is uniquely personal—and absolutely tangible.

Today, Shannon empowers women to steward their bodies with wisdom, strengthen their faith, and build lives marked by vitality and sisterhood.